

Anger Management

What is Anger?



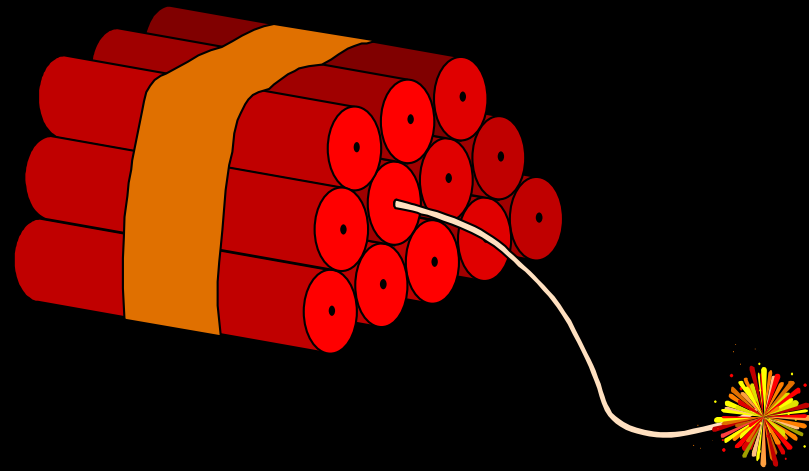
Anger



- Is an emotion
- Is common to every person
- Is multifaceted
- Is found in all temperaments

Anger Manifestations

- To recover from anger-related problems we must be able to recognize anger's various manifestations



Anger Assessment

- When someone confronts me from a misinformed position, I am thinking of my rebuttal as he or she speaks
- I do not easily forget when someone does me wrong
- When I talk about my irritations I don't really want to hear an opposite point of view
- I can accept a person who admits his or her mistakes, but I have a hard time accepting someone who refuses to admit his or her own weaknesses
- When discussing a controversial topic, my tone of voice is likely to become persuasive
- Sometimes I walk in another direction to avoid seeing someone I do not like
- When facing an important event, I may obsessively ponder how I must manage it
- I feel frustrated when I see someone else having fewer struggles than I do
- Tension mounts within me as I take a demanding task
- I feel inwardly annoyed when family and friends do not comprehend my needs
- When I am displeased with someone I may shut down any communication or withdraw
- I nurture critical thoughts quite easily

- Impatience comes over me more frequently than I would like
- Sometimes my discouragement make me want to quit
- I can be quite aggressive in my business pursuits or even when playing a game just for fun
- I struggle emotionally with the things in life that are not fair
- When I am in an authority role, I may speak too sternly or insensitively
- I have been known to take an "i-don't care" attitude toward the needs of others
- When someone is clearly annoyed with me I too easily jump into the conflict
- Sarcasm is a trait I use in expressing humor
- I may act kindly on the outside while feeling frustrated on the inside
- Sometimes I speak slanderously about a person, not really caring now it may harm his or her reputation
- When someone openly speaks ill of me, my natural response is to think of how I can defend myself
- Although I know it may not be right, I sometimes blame others for my problems

How Did You Do?



- Checked 10 - your anger is probably more constant than you would like
- Checked 15 - you can probably recount many disappointments and irritations
- Don't give up! Anger can be managed
- How do you express your anger?
 - List the 4 main ways you express anger

Defining Your Anger

- What is the purpose of anger?
 - Self-preservation
 - It is as an intent to preserve:
 - Personal worth
 - Essential needs
 - Basic convictions

Preserving Personal Worth

- ANGER IGNITERS
 - Rejection
 - Invalidation
- Devalued by others?
 - List examples:
 - How was your worth (or the lack of it) communicated?
 - List examples:
- SOLUTION:
 - Choose to accept your real worth
 - Major effect on the intensity of our anger emotions
 - Who in your life have you allowed to "play god?"
 - List them

Preserving Essential Needs

- Basic survival needs
- Major personal needs
 - List
- Unmet needs
 - List
 - How do these feed your anger?
- Legitimate needs
 - Misguided demands

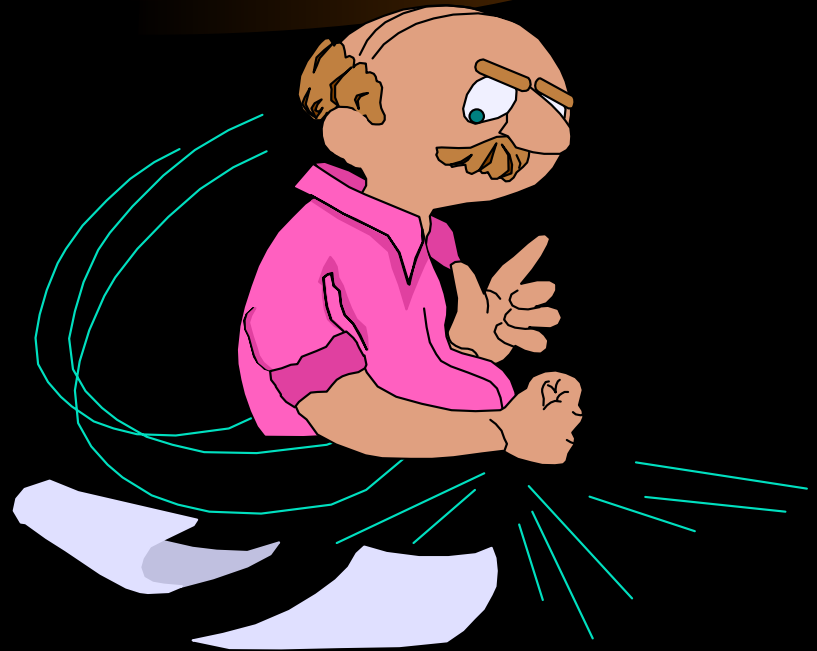


Preserving Basic Convictions

- We can feel irritated about matters that have nothing to do with us
- A fine line between knowing when to stand firmly for your convictions and when to accept the imperfections.
- Firm convictions can be a springboard for anger
- Angry because your conviction was ignored.
- The conviction itself may be understandable, but the emotional result was not
- List some of the convictions you hold which result in feelings of anger
- List situations when your anger has been created by a conviction that is too strongly held

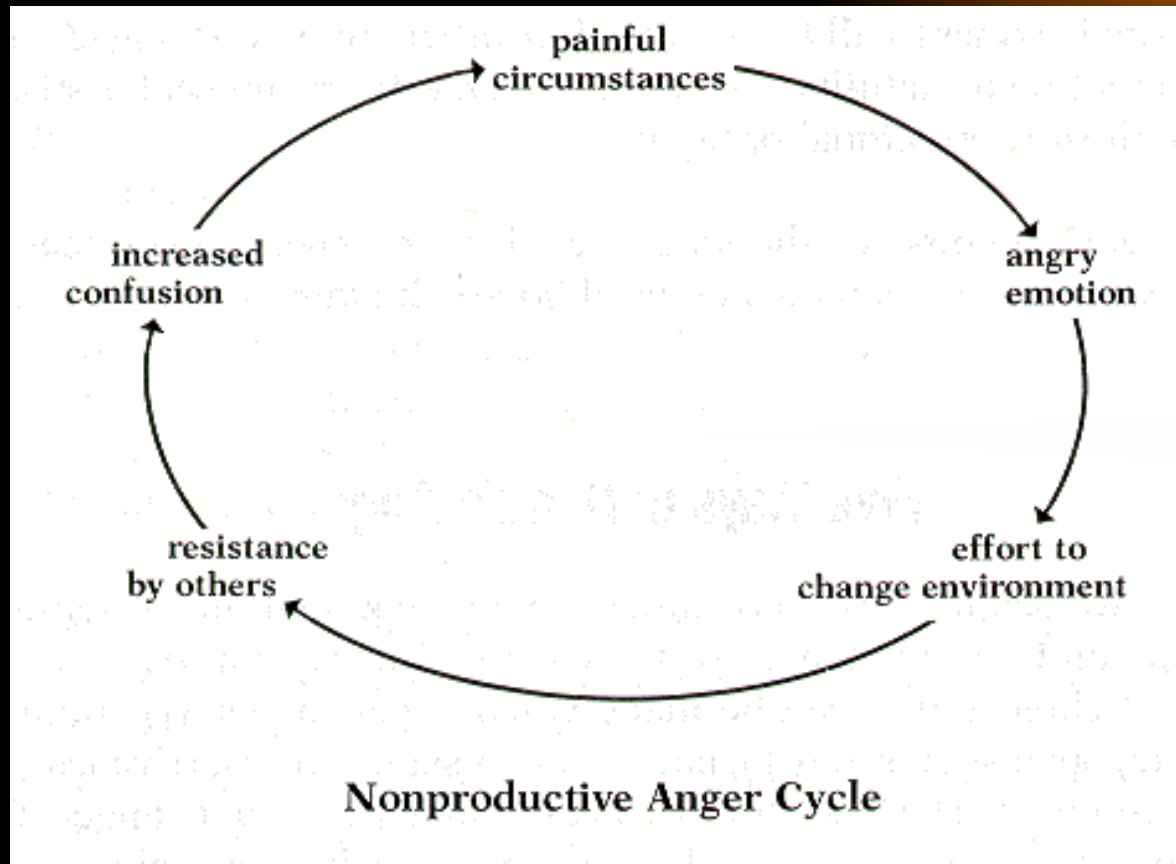
Is Anger Good Or Bad?

- It all depends
 - *Incorrect* in trivial matters
 - Legitimate concerns, but *managed* poorly.
- Balance is the key
 - *Correct* if anger is linked to a reasonable issue and is communicated in a proper manner
- This is determined through ANGER MANAGEMENT



MANGAGING YOUR ANGER

Nonproductive Anger Cycle



5 Ways to Handle Anger



- Suppression
- Open Aggression
- Passive Aggression
- Assertiveness
- Dropping It

Suppressing Anger

- Many people hesitate to admit their own anger
- When anger-producing circumstances occur, they put on a good front and pretend to feel no tension at all.
- Don't admit that they are angry

How About You?

- ❑ I am very image conscious. I don't like to let other know my problems.
- ❑ Even when I feel very flustered I portray myself publicly as having it all together.
- ❑ I am rather reserved about sharing my problems or frustrations.
- ❑ If a family member or friend upsets me I can let days pass without even mentioning it.
- ❑ I have a tendency to be depressed and moody.
- ❑ Resentful thinking is common for me, although many people would never suspect it.
- ❑ I have suffered with physical complaints (for example, headaches, stomach ailments, sleep irregularly).
- ❑ There are times when I wonder if my opinions or preferences are really valid.
- ❑ Sometimes I feel paralyzed when confronted by an unwanted situation.
- ❑ I'm not inclined to initiate conversations about sensitive or troublesome topics.

How did you do?

- If you checked 5 or more
 - Pattern of repressing your anger
 - This is emotional dishonesty
- Why do people do this?
 - Fear of powerful retaliation
 - Mindset of moral superiority
- Suppressing anger - does nothing to eliminate it.
 - It is like moss

Open Aggression

- It arises from a focus on personal needs
- It is an anger that shows itself in explosiveness, rage, intimidation, and blame



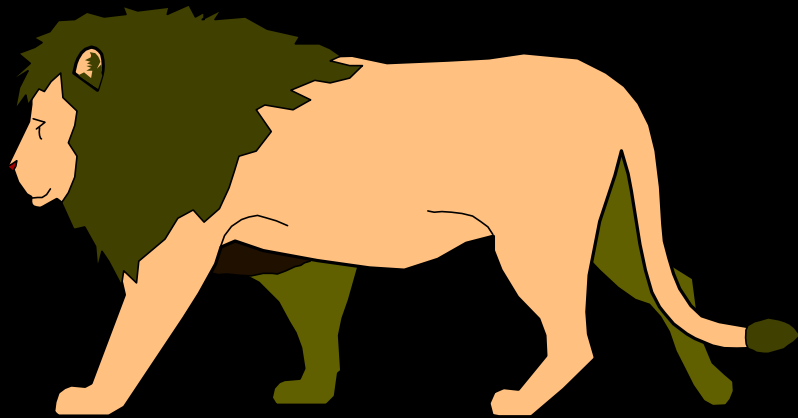
How about you?

- I can be blunt and forceful when someone does something to frustrate me.
- As I speak my convictions, my voice becomes increasingly louder.
- When someone confronts me about a problem, I am likely to offer a ready rebuttal.
- No one has to guess my opinion; I'm known for having unwavering viewpoints.
- When something goes wrong, I focus so sharply on fixing the problem that I overlook other's feelings.
- I have a history of getting caught in bickering matches with family members.
- During verbal disagreements with someone, I tend to repeat myself several times.
- I find it hard to keep my thoughts to myself when it is obvious that someone else is wrong.
- I have a reputation for being strong willed.
- I tend to give advice, even when others have not asked for it.

How did you do?

- If you checked 5 or more
 - You have a pattern of open aggressive anger.
- Explanation for open aggression:
 - Emotional energy is expended on nonessentials
 - Deep insecurity causes increased efforts to be heard
- Open aggression *is* an option for expressing anger
 - it is a poor one

Passive Aggression



- Preserving personal worth, needs, and convictions at someone else's expense.
- It is accomplished in a quieter manner, causing less personal risk.

How about you?

- When I am frustrated, I become silent, knowing it bothers other people.
- I am prone to sulk and pout.
- When I don't want to do a project I will procrastinate. I can be lazy.
- When someone asks if I am frustrated, I will lie and say, "No, everything is fine."
- There are times when I am deliberately evasive so others won't bother me.
- I sometimes approach work projects half-heartedly.
- When someone talks to me about my problems I stare straight ahead, deliberately obstinate.
- I complain about people behind their backs, but resist the opportunity to be open with them face to face.
- Sometimes I become involved in behind-the-scenes misbehavior.
- I sometimes refuse to do someone a favor, knowing this will irritate him or her.

How did you do?

- If you checked 5 or more
 - passive aggression anger
- Caused by:
 - a need to have control with the least amount of risk.
 - A need to win
 - battle for superiority
- Perpetuates unwanted tension

Assertive Anger

- Preservation is accomplished while considering the needs and feelings of others.
- Can help relationships to grow.
- True assertiveness is not abrasive, nor is it meant to harm.
- 2 Key reminders
 - Make sure the issues receiving your attention are not trivial.
 - Be aware of your tone of voice.

Dropping Anger

- Means you accept your inability to completely control circumstances and recognize your limits.
- Tolerance of differences
- Choosing to forgive
- Sometimes the anger returns...drop it again.

Help tips in dropping anger

- Make yourself accountable to a trusted friend
 - Let that person know when you are struggling.
- Choose to live in kindness and forgiveness..."one day at a time."
- Write out your feelings.
 - Then read over them with the attitude that you will turn them loose.

Looking Ahead

- Take responsibility for your own emotional expressions.
- Don't be a prisoner of your anger
 - You have choices
- Remember the *definition* of anger:
 - as an intent to *preserve*
 - Personal worth
 - Essential needs
 - Basic convictions

The End



A
COMSPECBOATRON 2
Chaplain
Presentation